

PSYCHOSOCIAL REHABILITATION AND RECOVERY CENTER (PRRC)

REMOTE/VVC ONLY Summer 2021: June 28—September 17

MONDAY

9:00-9:45 AM	Dual Recovery with Amy
10:00-10:45 AM	Skillful Emotions with Maisie and Emily
11:00-11:45 AM	Coping with Voices and Paranoia with Elena and Alicia
2:00-2:45 PM	Social Skills Training with Mark and Andrea
3:00-3:45 PM	Coach Yourself with Mark

TUESDAY

9:00-9:45 AM	Acceptance and Commitment Therapy with Sara and Emily
10:00-10:45 AM	Self-Compassion with Mark and Jackie
11:00-11:45 AM	Health Forum with Jackie
1:00-1:45 PM	Ending Self-Stigma with Miriam and Alicia

WEDNESDAY

9:00-9:45 AM	Coping with Anxiety with Micke and Marc
10:00-10:45 AM	Mindfulness with Carl and Andrea
11:00-11:45 AM	**Recovery in Young Adulthood with Mark and Alicia
1:00-1:45 PM	Recreation Recon with Mark and Sharmayne
2:00-2:55 PM	Food and Fitness with Amy, Jackie, and Aileen
3:00-4:00 PM	Art Lab with Sharmayne and Micke

THURSDAY

9:00-9:45 AM	Seeking Sanctuary with Dan and Jackie
10:00-11:00 AM	Blueprint for Recovery (WRAP) with Amy and Micke
11:00-12:20 PM	**Women Create with Miriam and Sara
12:30-1:55 PM	Story Corps with Dan
2:00-2:45 PM	Cognitive Skills Training with Mark and Micke

FRIDAY

**You may be screened by the facilitators for these classes only; full PRRC participation not required.

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9:00-9:45 AM Civic Participation with Dan and Jackie

10:00-10:45 AM Sounds of Recovery with Dan and Jackie

CALL FOR INDIVIDUAL APPOINTMENTS

Individual Supported Education, Employment, and/or Volunteering with Mark (extension 22387)

Individual Tobacco Tactics with Amy (extension 23150)

Peer Support with Carl (extension 25890)

General Questions with Miriam (extension 25166)

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